



Be outside



Read a book



Do a puzzle



Play video games



Blow bubbles



Give or get flowers



Take a hot bath or shower



Snuggle a Pet



Be creative.

Play sports



Cook or bake



Listen to music

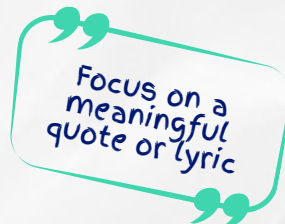


Talk to a grown up

Hug a "stuffedie"



COPING SKILLS



Focus on a meaningful quote or lyric



Write in a journal



Seek out humor



Look at old photos



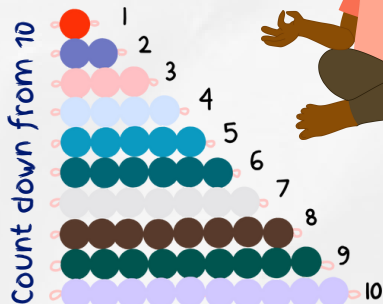
Practice yoga

Take a deep breath



Play a game

Practice gratitude



Count down from 10

Exercise



Ride a bike



Get a hug



Be outside



Read a book



Do a puzzle



Video games



Snuggle a pet



Blow bubbles



Acts of kindness



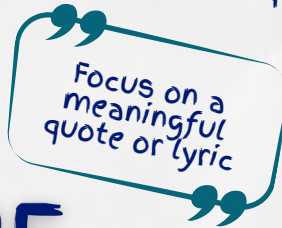
Take a hot bath or shower



Art activity



Play sports



Focus on a meaningful quote or lyric

SELF-CARE ACTIVITIES



Connect with a friend



Listen to music



Dance party



Write in a journal



Seek out humor



Cook or bake



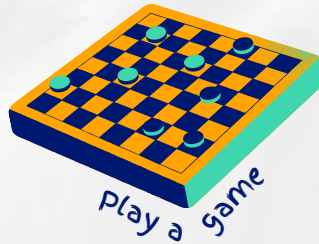
Look at old photos



Practice yoga



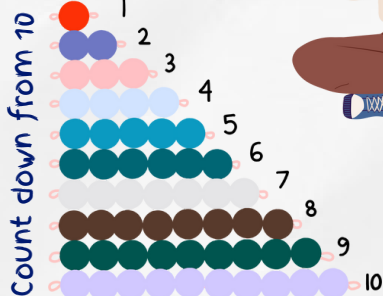
Take a deep breath



Play a game



practice gratitude



Count down from 10



Exercise



Ride a bike



Get a hug